



REGISTER ONLINE NOW

MILLISRECREATION.ACTIVITYREG.COM

PRE-SCHOOL SOCCER (4-5 Year Old) –

Millis Recreation Department

More touches on the ball and less stoppage time results in more fun and provides the opportunity for optimal player development. The 3v3 continuous play format will allow for a significant increase of touches on the ball for every child in the program, regardless of age or skill level. The scrimmage sessions will begin with a 30 minute warm-up and technical skill sessions followed by a 30 minute scrimmage. This type of play is recommended by the MA Youth Soccer Association. Coaches needed! The fee includes T-shirt. Children MUST be at least 4 in order to participate. In fairness to other participants, we use the honor system and trust that you will adhere to this policy. Registration form MUST be in by Monday, September 4th to ensure placement on a team. Special requests will not be honored.

Clyde Brown School Field

Ages: 4-5

Sundays, 9/24-10/29

6 weeks

Times: 12:00 or 1:00pm (schedule to be posted 9/12) Fee: \$70

*COACHES: Draft will be held on September 6th at 6:00 pm in Room 130 of Veterans Memorial Building. Please volunteer to be a coach and participate in your child's soccer experience. You MUST fill out a CORI form prior to coaching.

MOMMY & ME HANGOUT –

Millis Recreation Department

Enjoy some grown up conversation with other local Moms. Bring your babies, toys and coffee if you need! Spend an hour of fun together with your little ones here at the Veterans Memorial Gym. All care takers welcome.

Millis Veterans Memorial Building,

Gym

Ages: Moms and Babies/Toddlers

Fridays, 9/15-10/13 (excluding 10/6)

6 weeks

11:00am-12:00pm

Fee: \$30

TINY TUNES - Go Go Allegro

Come expose your baby to music! We will be playing songs, interacting with instruments, and teaching parents fun games for musical development. Learn how to expose your child to cultures from all around the world, just through rhythm and melody. We will also discuss how to listen to music with your baby and give you learning resources from around the world. Come discover the wonderful world of music with your baby.

Attendance of one adult per child is required for this class.

Millis Veterans Memorial Building, Room 130

Ages: Birth-2

Tuesdays, 9/19-11/7

8 Weeks

9:00am- 9:45am

Fee: \$170

MINI-MUSICIANS - Go Go Allegro

Join us with your little ones for an introduction to music exploring rhythm and pitch in a fun setting! We believe children can be introduced to the joy of music and in the process develop valuable skills. A comprehensive music program will aid in the educational, physical and social development of the child. Our primary objective is to encourage and develop children's natural creativity and interest in music. We use musical concepts and movement to help young children engage with one another and gain skills they can use throughout their school years and beyond. Our programs teach active listening, vocabulary, phonological awareness, and print awareness all through developmentally appropriate musical activities including exploration of rhythm, pitch, keeping time, and making music together. Attendance of one adult per child is required for this class.

Millis Veterans Memorial Building, Room 130

Ages: 2-4.5

Tuesdays, 9/19-11/7

8 Weeks

10:00am-10:45am

Fee: \$170

THE MAKERS CLUB- Autumn Richard

At The Makers Club, we strive to bring the joy of creative expression to children of all ages. Our classes provide an opportunity for sensory exploration, messy play, painting and much more. Our Millis Recreation classes are perfect for those who want to explore their creativity in a fun and non-judgmental environment. We are committed to inspiring children to express themselves through art, and to have fun while doing it. Whether it's through art classes, creative exploration or just getting messy, The Makers Club is the perfect place for your little ones to explore and be creative. Classes are typically for ages 2-5, but can accommodate younger siblings! All classes include a playdough station, painting station, messy station, and collaborative art project. Parents are highly encouraged to stay and participate in the activities. Each class has a specific theme. All classes will be held outside by the courtyard unless there is inclement weather. Please dress accordingly.

Veterans Memorial Building Courtyard/Room 18

Ages: 1-5

Saturdays, 10:00am-10:45am

Fee: \$25/Class or \$125/6 week session

September 30th - Back to School Kick

October 14th - Welcome to October

October 21st- October Animals

October 28th - Haunted Happenings

November 4th- November Skies

November 18th- Gobble Gobble

Millis Recreation Department

Kris Fogarty, Director

Erin LeBlanc, Teen Program Coordinator

Veterans Memorial Building, Room 128 • 900 Main St., Millis, MA 02054

Hours: Mon.-Thurs. 8:00-3:00; Fri. 8:00-12:30 • Phone: (508) 376-7050 • Fax: (508) 376-7053

E-mail: kfogarty@millisma.gov • www.millis.org • Facebook: Millis Recreation Dept • Instagram: MillisRec

Interested in teaching a class? Please contact us with your idea at Kfogarty@millisma.gov or call (508) 376-7050

AMERICAN NINJA WARRIOR JUNIOR –

Shen's Gymnastics Academy

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids ages 3-6 will gain agility, balance, coordination and strength as they tumble and maneuver through the courses.

This 45 minute class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses and every victory when completing, the children will discover that they are the ultimate American Ninja Warrior.

Shen's Gymnastics, 16 Everett St., Holliston

Wednesday, 9/13-11/15

4:30-5:30 pm

Ages: 5-12

10 weeks

Fee: \$220

PRESCHOOL MINI-SPORTS – F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work. In each class, F.A.S.T. Athletics will have new and exciting games planned for the students. Minimum 8/Maximum 20.

Millis Town Park, 900 Main St. (behind Town Hall)

Saturdays, 9/23-11/4 (No Class on 10/7)

9:00-9:45 am

Ages: 3-6

6 weeks

Fee: \$95

PRESCHOOL T-BALL DEVELOPMENT –

F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Minimum 8/Maximum 20.

Millis Town Park, 900 Main St. (behind Town Hall)

Saturdays, 9/23-11/4 (No Class on 10/7)

10:00-10:45 am

Ages: 3-6

6 weeks

Fee: \$95

BALLET/TAP – Millis Dance Theatre

In this fun and lively class, young dancers learn coordination, balance, and how to move gracefully with basic ballet steps and choreography. Then on to tap, a natural way for busy young dancers to develop a great sense of rhythm, concentration, and musicality. Tap class is when making noise and being active is built right in! Ballet/Tap is a perfect combination for every young dancer. We have extra dance shoes available if you'd like to borrow.

Millis Dance Theatre, 903 Main Street

Tuesday, 9/12-12/12

10:00am – 10:55 am

Ages: 3-5

Fee: \$240

BALLET/TUMBLE – Millis Dance Theatre

This child-centered class focuses on learning the basics of beginner ballet, developing social skills and creative expression. Children will be introduced to the graceful flow of ballet using sparkle wands, colorful ribbons and various imagination provoking props. Dancers will also try their hand at basic tumbling skills such as, forward rolls, bridges and beginner cartwheels. Our fun and lively class is filled with giggles and wiggles, jumps, twirls and imaginative play. Moving creatively in Ballet/Tumble is sure to boost a young dancer's physical and emotional well-being.

Millis Dance Theatre, 903 Main Street

Saturday, 9/16-12/16

12:00pm-12:55pm

Ages 4 -6

Fee: \$240

MOMMY & ME GYMNASTICS –

Shen's Gymnastics Academy

A fun, instructor-led gymnastics class for toddlers and their mom or dad. This 45-minute class brings the parents on to the floor amidst the excitement. A small student/teacher ratio is kept for personal attention. We have small preschool-sized equipment for the children in this age group, including rings and bars. Kids will also love using our trampoline in this class. The instructor will set up different obstacle courses each week especially designed to help with locomotion skills and hand-eye coordination.

Shen's Gymnastics, 16 Everett St., Holliston

Tuesdays, 9/12-11/14

9:30-10:15 am

Thursdays, 9/14-11/16

9:30-10:15 am

Saturdays, 9/16-11/18

9:00-9:45 am

Ages: 18 mos-3 yrs.

10 weeks

Fee: \$230/session

10 weeks

Fee: \$230/session

10 weeks

Fee: \$230/session

SUPERKIDS GYMNASTICS –Shen's Gymnastics

A 60-minute, energetic, fun gymnastics class for preschool and kindergarten-aged kids. Children will participate while parents are watching from the seating area. The kids get lots of personal attention and lots of turns on the apparatus, such as trampoline, balance beam, rings, vault, bars and tumble track. The instructor will set up class each week designed to teach basic gymnastics skills. Kids will also improve their locomotion skills, hand-eye coordination, social skills, taking turns and listening skills, all while they are having fun, getting exercise, and learning gymnastics!

Shen's Gymnastics, 16 Everett St., Holliston

Wednesdays, 9/12-11/14

4:30-5:30 pm

Thursdays, 9/14-11/16

10:30-11:30 am

Saturdays, 9/16-11/18

10:00-11:00 am

Ages: 3-5

10 weeks

Fee: \$265/session

10 weeks

Fee: \$265/session

10 weeks

Fee: \$265/session

YOUTH PROGRAMS

SOCCER (Ages 6-8) – Millis Recreation Department

The soccer program for Ages 6-8 will teach soccer skills through practice and competition in a 6-on-6 game setting. This play will improve soccer skills and increase the level of competition. Coaches needed! The fee includes a T-shirt. All players must register, regardless of previous play. Children must be at least 6 in order to participate. Registration form MUST be in by Monday, September 4th, to ensure placement on a team. Special requests will not be honored.

Clyde Brown School Field

Ages: 6-8

Sundays, 9/24-10/29

6 weeks

Times: 12:00 or 1:00pm (schedule to be posted 9/12)

Fee: \$70

*COACHES: Draft will be held on September 6th at 6:00 pm in Room 130 of Veterans Memorial Building. Please volunteer to be a coach and participate in your child's soccer experience. You MUST fill out a CORI form prior to coaching.

TENNIS LESSONS –

Tom Ingraham, MHS Varsity Coach

Instructional tennis lessons provided by a Millis High School tennis coach. Tennis provides many benefits for youth with cognitive and physical disabilities, including hand-eye coordination, balance, mobility, strength and fitness. It builds self-confidence, relieves stress and creates a social outlet. And it's a great way for the family to stay active together.

Town Park Tennis Courts

Ages: 7 & up

Tuesdays & Thursdays; 10/3, 10/5, 10/10 & 10/12

4 lessons

3:30 – 5:00 pm

Fee: \$40

RECREATION BASKETBALL –

Steve Cassidy/Paul Geary- Millis Recreation Dept.

Our 2023-2024 youth basketball program will be structured to allow for instruction and playing time. This program will include practice dates prior to the beginning of the season. This program will allow time for instruction, equal playing time and full-court games. Two coaches needed for each team. Games will be played Saturdays. The teams will be broken down by grades. Late sign-ups will be assigned to teams accordingly after the draft on Wednesday, Nov. 1, 2023 in Room 130. Special requests will not be honored. YOU MUST REGISTER BEFORE OCTOBER 31st !!

Veterans Memorial Building Gym

Saturday games 12/2-2/3 (no games 12/23 or 12/30)

8 weeks

Fee: \$125

Kindergarten – Co-ed – Skills & Drills Coaches Cassidy & Geary

1st grade boys – Skills & Drills with Coaches Cassidy & Geary

2nd-3rd grade boys

1st-3rd grade girls

MILLIS VOLLEYBALL VOLLEY “GROW” CLINICS –

Millis H.S. Volleyball Program

Begin creating a solid volleyball foundation while experiencing fun and developing good sportsmanship. Millis High School Volleyball Team and Coaches will teach age specific volleyball skills and offer a fun environment for young athletes to “GROW” their skills while “GROWING” their confidence. Three grade specific sessions are offered. Maximum: 24 Participants/Session.

Volley Seeds (9am-10am)

Grades: K-1

A kid-friendly, fun introduction to volleyball. Kids will “grow” a love for the game by learning basic athletic movements, fun interactive games that focus on skill growth and building confidence and sportsmanship. Maximum 24 participants.

Volley Sprouts (10am-11am)

Grades: 2-3

A fun introduction to playing volleyball. Kids will “grow” as beginners in the game of volleyball through athletic movement that will build skills, progressing to non-competitive game play, while fostering confidence and sportsmanship. Limit to 24 participants.

Volley Greens (11am-12pm)

Grades: 4-5

A fun introduction to playing volleyball for older kids. Kids will “grow” as beginners in the game of volleyball through athletic movement that will build age specific skills, progressing to non-competitive game play, while fostering confidence and sportsmanship. Limit to 24 participants.

Millis Veterans Memorial Building, Gym

Grades: K-5

Saturdays, 9/9-10/14

6 Weeks

9:00am-12:00pm

Fee: \$75/session

HORSEBACK RIDING LESSONS – Melissa Price

Whether you have always dreamed of riding or want a brush up course to get you started back in the saddle again, this is the course for you. Come and spend an hour a week at the farm learning to groom and tack up a horse, as well as basic riding skills from getting on to learning how to sit correctly in the saddle and control a horse. (Max. 6 students)

Shadowfax Farm, 112 Farm St, Millis

Ages: 7 & up

Mondays, 9/11-10/2

4 weeks

5:00-6:00 pm

Fee: \$150

ARTS & CRAFTS HALLOWEEN – Amy Sullivan

Join Amy Sullivan for an afternoon of fun with friends while flexing your creativity. Create a Thanksgiving themed craft that you can take home with you. All supplies provided. Instructor, Amy Sullivan will meet participants at Clyde Brown Elementary at school dismissal and walk participants to the Veterans Memorial Building. There will be time to eat a quick snack before the class begins. Please pack a nut free snack. Pick up at the Veterans Memorial Building. Maximum:12

Veterans Memorial Bldg, Rm. 104

Grades K-5

Thursday, 10/19

3:00pm-4:15pm

Fee: \$30

Register Online

www.millisma.gov

Under Recreation Dept.

DODGEBALL – F.A.S.T. Athletics

Participants will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program. There will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

Minimum 8/Maximum 30.

**Millis Town Park Basketball Courts,
900 Main Street (Behind Town Hall)**

Fridays, 9/22-11/3 (no class 10/6)

4:00 pm–5:00 pm

Ages 7-12

6 weeks

Fee: \$95

ROBLOX GAME DESIGN AND PROGRAMMING (Virtual) – iCode of Wellesley

Create projects using block coding with the capability to publish and monetize. Learn how to design, develop, and test popular themes to build Video games filled with characters, object interaction, physics, and goals are a great way to spark creativity and learning. Whether it is building a spaceship and racing it to Aliens destinations or something closer to earth, the combination of fun and learning is unparalleled. This class is about the Roblox Editor! The Roblox editor is a special coding environment used to create a complete project in Roblox. Your child(ren) will learn how to be safe online through our digital citizenship practices while collaborating with many children across the state. They will also be introduced to Game design and will be introduced to LUA programming.

VIRTUAL FROM HOME

Mondays, 10/2-11/27 (no class on 10/9)

6: 15pm-7:15pm

Grades: 2-6

8 Weeks

Fee: \$299/Session

CHARLES RIVER CHILDREN'S CHORALE 2023-2024

The CRCC invites all children grades 2-6 to join in their 23-24 season. We are kicking off our 10th season of music and fun. Our mission is to continue to improve the musicality, technique and artistic intelligence of each performer. Music director Lelia Tenreiro-Viana and executive director Meaghan Quilop bring a lifetime of experience in performance and empower each singer individually through solo voice production lessons, and group-wise through choral repertoire, music theory, acting and movement. We will continue to expand our singers' understanding of our world through music from various cultures and languages. Each student will get 2 half- hour private coaching sessions included in the program. Group rehearsal will take place on Thursdays from 5:00 to 6:00 PM, in the Clyde F. Brown Music Room. The 2 private coaching sessions are to be arranged with the instructor. Private coaching sessions will be scheduled on Tuesdays between 5:00-6:00.

Clyde Brown Music Room

Thursdays, 9/21-5/09

(There will be no rehearsal if there is no school).

5:00-6:00 pm

***Payment Plans and Scholarships available if needed**

Grades: 2-6

Fee: \$400

COOKING CLASS FOR KIDS – Kids' Test Kitchen

On a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! We present kids the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work.

Students receive a printed

recipe card and the focal

ingredient - or a sample of the finished dish - so they can show

off what they learned! Even the most reluctant eaters enjoy Kids'

Test Kitchen, where participation is encouraged, and the choice to

taste is always one's own. Lessons are planned to celebrate seasonal

produce, whole grains, and legumes. Yes – join us again! Each

scheduled series of classes offers fresh new recipes to prepare and

explore! Kids have food allergies, but they shouldn't miss out on the

fun. We know allergies and can work around them, making sure

that everyone is having fun and staying safe. *Please clearly disclose

all food allergies and/or dietary restrictions upon registration.

Millis Veterans Memorial Building, Room104

Wednesdays, 9/20-10/25

3:30pm-4:30pm

Grades: K-5

6 Weeks

Fee: \$200

GUITAR/VOICE LESSON –

Angela's School of Performing Arts

Music is such an important part of a child's life. We know that vibrations from an instrument help soothe anxiety and has a calming effect on a player. This program promotes well-being through music. This class is for ages 6-10 years old who are interested to learn how to sing and play guitar. (Some rentals available) A great way to begin learning note reading, chords, funny vocal exercises, and songs to sing and dance to. Theater games add a lot of fun and help develop self-esteem as well as promote the idea that learning is fun and creative. This is not your ordinary guitar lesson. It promotes all the fine arts to blend together. Our children are in need of person to person contact in the safest way. Now in our 23rd season. Please call 508-376-4099 with any questions.

Angela's School of Performing Arts, 280 Ridge St.

By appointment

3 - ½ hour private lessons

Ages: 6-10

Fee: \$85

LEARN TO PLAY CHESS – Chess Wizards

Chess Wizards has been teaching the game of chess since 2002.

Join us this summer for tons of challenging chess lessons, exciting

games, and cool prizes. You'll improve your chess skills, meet new

friends, and work out your most powerful muscle - your brain! In-

cluded are fun team chess games (like Corner Chess), recess time,

snacks, tournaments, and puzzles. Each camper receives a T-shirt,

trophy, and puzzle folder. We include all the materials necessary for

your child to participate. Unleash your brain power and spend part

of your vacation with Chess Wizards!

Veterans Memorial Building, Room 206

Thursday, 10/5-11/30 (no class 11/23)

6:00 pm–7:00 pm

Ages 6-12

8 weeks

Fee: \$165

YOUTH PROGRAMS

ART FOR RELAXATION – Angela Turner

Creating artwork is a proven method to reduce stress, increase coping skills and develop communication skills. This four-week program introduces painting as a means to assist in any areas where words don't seem adequate. The instructor has thirty years of experience working with students of all ages. Please come ready to relax and play. Limited to six participants.

Millis Veterans Memorial Building, Room 130

Wednesdays, 10/4-10/25

3:30pm-5:00pm

Ages: 9-12

4 weeks

Fee: \$60

BALLET/JAZZ – Millis Dance Theatre

Ballet/Jazz combo is an exciting and fun class that focuses on the graceful and elegant movement of ballet and then on to the upbeat and lively feel of jazz style dance. Dancers will start at the ballet barre and learn a beautiful ballet dance. In the jazz portion of the class, dancers travel across the floor with kicks, turns and leaps and learn fun and funky choreography that builds flexibility, coordination and confidence. Ballet/Jazz is the best of both worlds!

Millis Dance Theatre, 903 Main Street

Monday, 9/11-12/11

5:00-5:55 pm

Grades: K-2nd

Fee: \$240

JAZZ/ACRO – Millis Dance Theatre

This class will begin with a lively jazz dance warm up, then travel across the room with kicks, turns and leaps and on to dynamic, stylized choreography that builds flexibility, coordination and confidence. The Acro (acrobatics for dancers) section of the class will teach exciting gymnastic tricks. Students develop specific strength, flexibility, and learn how to execute acrobatic elements to use in dance choreography. Acro focuses on challenging each dancer at their own pace including cartwheels, walkovers, back handspring, aerials etc. Dancers will gain muscle control, balance, and advance their tumbling technique.

Millis Dance Theatre, 903 Main Street

Tuesday, 9/12-12/12

4:30-5:25 pm

Grades: 4-6

Fee: \$240

CREATE A CUSTOM SIGN – PT Color Market

Paulina Teng has over twenty years of teaching experience in the elementary grades. She has decided to pursue her small business, PT Color Market and incorporate her experience with teaching and the arts. This particular workshop is geared to children who enjoy being creative, love to craft and are looking for something personalized to add a little something special to their room. This name sign is a unique way to celebrate who they are as a person and what they love. Please bring a nut-free snack.

Veterans Memorial Building, Room 130

Wednesday 11/15

5:00pm-6:30pm

Grades: 2+

Fee: \$60

CONTEMPORARY DANCE – Millis Dance Theatre

Contemporary class gives students the opportunity to move expressively and fluidly. This class focuses on versatility and improvisation, unlike the strict, structured nature of ballet. This creative class strives to connect the mind and body through flowing dance movement. It's a lot of fun and feels good! No experience required. Set in a welcoming environment. Give it a try. Wear comfortable clothes bare feet.

Millis Dance Theatre, 903 Main Street

Saturday, 9/16-12/16

Grades 6-8

Grades 3-5

1:00-1:55 pm

2:00-2:55 pm

Fee: \$240/session

KUNG FU KIDS PARKOUR – Wu Xing Kung Fu

Parkour and Kung Fu for kids! In this class we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach Parkour, tumbling, exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

Wu Xing Kung Fu, 903 Main St.

Tuesdays, 10/3-10/24

OR

Wednesdays, 10/4-10/25

OR

Saturdays, 10/7-10/28

4 week sessions

Ages: 5-13

3:45 pm-4:30 pm

4:45 pm-5:30 pm

10:00am-10:45am

Fee: \$120 per session

KARATE – Beginner & Advanced

Master Julie Guido & Master Christine Howard

Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Burke Memorial School,

16 Cassidy Ln, Medway, MA

Fridays, 10/13-12/1 (no class 11/10 & 11/24)

4:00-4:45 pm

Ages: 5-13

6 weeks

Fee: \$65

YOUTH MARTIAL ARTS—Mohawk Martial Arts

Our program is the beginners starting class into Jiu Jitsu and kick-boxing for both girls and boys. Our six week course will have your children gaining real world skills and boost their overall confidence.

Mohawk Martial Arts, 27 Milliston Rd.

(inside the Encompass Fitness)

Mondays & Wednesdays, 9/18-10/25

4:00-4:55 pm

Ages: 7-12

6 weeks

Fee: \$125

HOME ALONE SAFETY – Juanita Allen Kingsley

In this class, children learn the basics of being safe when home alone for short periods of time. Learn how to safely answer the telephone and door, as well as Internet safety, accident prevention, and fire protection. Simple First Aid techniques are taught. A short movie and role playing are included in the program.

Burke Memorial School,

16 Cassidy Ln, Medway, MA (Library)

Thursday, 11/16

4:00-5:30 pm

Ages: 9-11

6 weeks

Fee: \$48

ARCHERY FOR ALL – On the Mark Archery

Join On the Mark Archery and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors.

Session 1

Patoma Park Fields, Norfolk St., Holliston

Wednesdays, 9/13-10/4

4:30-5:30 pm

Grades 4-Adult

4 weeks

Fee: \$175

Session 2

Patoma Park Fields, Norfolk St., Holliston

Wednesdays, 10/11-11/1

4:30-5:30 pm

Grades 4-Adult

4 weeks

Fee: \$175

Session 3

Cassidy Field, 13 Winthrop Street, Medway

Wednesdays, 11/8-12/13 (no class 11/21)

4:30-5:30 pm

Grades 4-Adult

4 weeks

Fee: \$175

LEARN TO SKATE/PLAY HOCKEY – Norfolk Arena

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of “supervised” practice time.

Program Objectives:

- Provide an engaging and safe skating experience for the beginner
- Teach correct technique of the simple basic elements
- Promote health and physical fitness

All skaters require the following equipment:

- Skates
- Helmet
- Gloves
- Snow Pants

Skates and helmets are available for rent or purchase in the Norfolk Ice Arena Pro Shop www.norfolkarena.com/proshop.html (Phone: 508-528-6700).

General Information:

Make up sessions will not be offered for skaters who forget their equipment.

Refunds will not be offered for any reason. That includes illness, injury or non-enjoyment of the program.

If a class is cancelled due to inclement weather, a make-up class will be offered.

The student/teacher ratio is 1:12.

Norfolk Ice Arena,

1 Dean St., Norfolk

Session 1

Tuesdays, 9/5-10/24

Saturdays, 9/9-10/28

Sundays, 9/10-10/29

All Ages (grouped accordingly)

8 weeks

5:00-5:50 pm

11:00-11:50 am

10:00-10:50 am

Fee: \$180/session

Session 2

Tuesdays, 11/7-12/19

Saturdays, 11/4-12/16

Sundays, 11/5-12/17

7 weeks

5:00-5:50 pm

11:00-11:50 am

10:00-10:50 am

Fee: \$165/session

*LEARN TO PLAY HOCKEY IS OFFERED DURING THE TUESDAY LEARN TO SKATE PROGRAM—All ages MUST PASS BASIC 2



YOUTH PROGRAMS

NOVICE GIRLS GYMNASTICS CLASS –

Shen's Gymnastics Academy

Our 60-minute novice gymnastics classes is for girls ages six and up. Children learn and perfect basics gymnastics events such as floor, vault, bars, etc. We follow the USA Gymnastics levels when teaching our recreational classes to ensure continued progression for each student. We teach basic skills to learn and grow as a gymnast, working on strength, flexibility and balance.

Shen's Gymnastics, 16 Everett St., Holliston

Mondays, 9/11-11/13

6:00-7:00 pm

Thursdays, 9/14-11/16

4:30-5:30 pm

Saturdays, 9/16-11/18

10:00-11:00 am

Ages: 6 & up

10 weeks

Fee: \$270/session

10 weeks

Fee: \$270/session

10 weeks

Fee: \$270/session

AMERICAN NINJA WARRIOR CLASS –

Shen's Gymnastics Academy

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids will gain agility, balance, coordination and strength as they tumble and maneuver through the courses. This one-hour class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment.

Shen's Gymnastics, 16 Everett St., Holliston

Saturdays, 9/16-11/18

1:30-2:30 pm

Ages: 5-12

10 weeks

Fee: \$295

PRE-TEEN/TEEN PROGRAMS

AMERICAN HEART ASSOCIATION HEART SAVER MIDDLE SCHOOL TRAINING

Receive training and certification in First Aid, CPR and AED from the Millis Fire Department. Choose one or two sessions. Receive a discount when registering for classes. Please bring water and nut-free snack/lunch if registering for both sessions. Limit: 20/Session

Millis Fire Department,

885 Main Street

Saturday, 11/4

CPR Training/Certification:

9:00am-12:00pm

First Aid Training/Certification:

12:30pm-3:30pm

CPR & First Aid Training/Certification

9:00am-3:30pm

Grades: Middle School/High School

1 Day

Fee: \$25

Fee \$25

Fee: \$45

INTRO TO WEIGHT TRAINING – Encompass Fitness

The 4-week program will focus on getting students comfortable with the gym as well as their bodies. Personal Trainor, Wellness Life Coach and Certified Nutrition Consultant Kristen Foss will teach students the fundamentals of basic exercises, how to safely use the gym equipment and proper gym etiquette. Exercise is known to be one of the best ways to improve mental health and physical well-being. Additionally, exercise provides self-confidence and reassurance that many students need to maintain a healthy lifestyle.

Encompass Fitness- 27 Milliston Road, Millis

Mondays and Wednesdays, 10/16-11/8

3:00pm-4:00pm

Ages: 14+

4 Weeks

Fee: \$150

ARTS & CRAFTS THANKSGIVING – Amy Sullivan

Join Amy Sullivan for an afternoon of fun with friends while flexing your creativity. Create a Thanksgiving themed craft that you can take home with you. All supplies provided. There will be time to eat quick snack before the class begins. Please pack a nut free snack.

Maximum:12

Veterans Memorial Bldg. Rm. 104

Thursday, 11/16

3:00pm-4:15pm

Grades: 6-12

Fee: \$30



PRE-TEEN/TEEN PROGRAMS

FREERUNNING AND PARKOUR – Wu Xing Kung Fu

Beginners and experienced Freerunners welcome! We teach Parkour in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. Parkour is a great exercise for the mind and body- it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, and all while having a fun workout with great people!

Wu Xing Kung Fu, 903 Main St.

Ages 13+

Session 1

Thursdays: 9/28-10/19

4:45 pm – 5:30 pm

4 sessions

Fee: \$120 per session

Session 2

Thursdays: 10/26-11/16

4:45 pm – 5:30 pm

4 sessions

Fee: \$120 per session

Millis Rec. Serves

A platform for community service for our high school and middle school students.

More service opportunities to come!

Contact Erin LeBlanc with questions (eleblanc@millisma.gov.)



MILLISREC.

SERVES

MILLIS RECREATION DEPARTMENT



**MA Recreation & Park Association
WINNER!!!!**

**"Regional Community
Impact of the Year Award"**

2023

Made with PosterMyWall.com

CONGRATULATIONS!!!

ERIN LEBLANC

Teen Program Coordinator
Millis Recreation Dept.

Commonwealth Heroine Class of 2023

Awarded by: MA Commission on the Status of Women

Nominated by: Representative James Arena-DeRosa
and Representative Marcus Vaughn

Made with PosterMyWall.com

ADAPTIVE & INCLUSIVE TEEN PROGRAMS

HIP HOP DANCE- Exhale Dance

Exhale adaptive and inclusive dance program incorporates appropriate dance styles for individuals with special needs. We offer a safe space to build and foster friendships in our comfortable temperature controlled, wheelchair accessible studio. Get ready for 60 minutes of upbeat dancing, stretching and coordination building skills. (Max: 12)

What to expect:

Staff that is ready to meet the individual needs of its students taking into account their emotional maturity, attention span, and developmental stage. (1 instructor, 2 assistants)

An increase in confidence, cooperation, strength and coordination. Dancers can wear their own shoes and any active wear they feel most comfortable in. We just ask all shoes to be clean and dedicated only to our dance floor for the length of the session.

Masks are optional.

Exhale Dance School, 65 Holbrook Street, Norfolk **Ages: 13-22**
exhaledance.com

Thursdays, 9/14- 12/14 (No class on 11/23) **13 Weeks**
7:00pm-8:00pm **Fee: \$150**



BASKETBALL SKILLS & DRILLS – Dan Donovan

Coach Dan Donovan has 20 years of experience coaching youth basketball of varying ages. During this class he'll focus on basic skills such as dribbling, passing, and shooting while encouraging teamwork and fun! All abilities welcome.

Veterans Memorial Bldg. Gym **Ages:13-22**
Mondays, 10/2-10/30 (no class 10/9) **4 weeks**
6:00pm-7:00pm **Fee: \$25**

ARTS & CRAFTS HALLOWEEN- Amy Sullivan

Join Amy Sullivan for a night of fun with friends while flexing your creativity. Create a Halloween themed craft that you can take home with you. All supplies provided. All abilities welcome! Maximum:10

Veterans Memorial Bldg. Rm. 104 **Ages:13-22**
Thursday, 10/19
6:00pm-7:00pm **Fee: \$25**

THE HANGOUT – Millis Recreation Department

An inclusive and adaptive social event for teens and young adults of all abilities. Music, fun and lightly structured activities bring friends together each month for a night out. Free of charge but registration is required.

Veterans Memorial Building Gym, 900 Main Street **Ages: 13-22**
Wednesdays, 9/13, 10/18
6:00pm-7:30pm **Fee: Free**

THE HANGOUT: COLORING NIGHT – Millis Recreation Department

Coloring can be fun and relaxing!! An inclusive and adaptive social event for teens and young adults of all abilities. Come color with friends!!! Free of charge but registration is required.

Veterans Memorial Building Room, 104 **Ages:13-22**
Wednesday, 11/15
6:00pm-7:00pm **Fee: Free**

ADAPTIVE/INCLUSIVE PICKLEBALL LESSONS – Mike Regan

Don't stand on the sidelines, get in the game! Yes, this course is for you, no excuses, it's time for you to join the fun game of Pickleball. Coach Mike is a certified Pickleball instructor with 10 years of experience as a player, instructor, and sports coach to his 4 kids. His patience and style of instruction will teach you the basics of how to play Pickleball. The game is easy to learn and fun to play. As Coach Mike says to all his students, "You can do this". Paddles and balls provided.

Millis Outdoor Pickleball Courts **Ages 13-22**
(behind Town Hall, 900 Main Street) **4 weeks**
Saturdays; 10/7-10/28 **Fee: \$50**
10:00am-11:00 am





METROWEST PICKLEBALL LEAGUE

Millis Recreation is partnering with USTA New England to run a pickleball league between Medway, Franklin, Millis and Medfield.. This league has two divisions - intermediate and advanced - that will play on Sunday mornings this fall. Each division will have 4 teams and games will be played against the other teams in the division over the course of a 6 week season. Each week, players will play at least three 15-minute doubles games against the opposing team. Each team will have a captain that sets the lineup each week. Players will provide their own paddles and USTA will provide the balls, a player gift and captain & champion prizes at the end of the season. Divisions with level descriptions

Intermediate Division

- Has a good understanding of the rules
- Working on getting serves and return of serves deeper
- Working on getting dinks shallower/lower
- Capable of hitting a few dinks in a row
- Can hit a backhand
- Trying to add more power and/or softness
- While ratings are not required for this league, this division would be for players

with a 3.0-3.5 rating level range for those familiar with USAPA or DUPR ratings

Advanced Division

- Has a solid understanding of the rules and strategy
- Anticipates opponents' shots
- Serves are deep, strong and consistent; has a strong backhand
- Plays aggressively in the non-volley zone; dinks are shallow and low
- While ratings are not required for this league, this division would be for players

with a rating above 3.5 for those familiar with USAPA or DUPR ratings

**Millis Pickleball Courts (245 Plain St., Millis) OR
Medway Pickleball Courts (88 Summer St., Medway)
Sundays, 9/10-10/22 (rain date 10/29)**

Advanced - 9:00-10:15 am

Intermediate - 10:15-11:30 am

Fee: \$70

BEGINNER LEVEL PICKLEBALL LESSONS –

Coach Mike Regan

Have you thought about playing “the fastest growing game in America” Pickleball?

Do you enjoy meeting new local people, getting some light exercise and having a blast?

If so then this class is for you. Coach Mike our certified PB instructor will teach you the basics and rules to get you playing games in the first class. No experience necessary. Paddles and balls provided.

Millis Outdoor Pickleball Courts (245 Plain Street, Millis)

Tuesdays; 9/5-9/26

10:00-11:00 am

4 weeks

Fee: \$60

INTERMEDIATE LEVEL PICKLEBALL LESSONS –

Coach Mike Regan

Now that you know the basics of how to play Pickleball its time to go to the next skill level.

Coach Mike will observe your play and work with on how to improve your game.

Upon completion of this class you will understand the necessary skills and drills to play with higher skilled players. If you want to improve your Pickleball skills and have fun then this class is for you. Bring your own paddle if you prefer or use one of ours.

Millis Outdoor Pickleball Courts (245 Plain Street, Millis)

Tuesdays; 9/5-9/26

11:15-12:15 pm

4 weeks

Fee: \$60

CO-ED VOLLEYBALL - Steve Karra & Pattee Lazare

Are you looking to get active, have some fun and meet new people?

Join us in this non-competitive and well-organized program that promotes an enjoyable and social atmosphere. What if you don't have any volleyball skills? Doesn't matter. This is a social program before anything else - it's built on FUN! Players are assigned to a team in which passing and team play are emphasized to ensure that everyone has a great time, regardless of skill level. The last session is the big tournament, and the winning team walks away with the highly-coveted T-shirt!

Registration is required before the first session for returning players.

**** NEW PLAYERS -** Join us on Wednesday, September 27, at 7:00pm for an informal meet-and-greet. If you have never played volleyball before, give it a try! If it has been a while since you last played, hit a few balls with other players - it will all come back to you!

Medway MS, 45 Holliston St., Medway-Old Gym

Wednesdays, 9/27-12/6 (no class 11/22)

7:00-9:00 pm

10 weeks

Fee: \$85

ADULT PROGRAMS

INTRODUCTION TO THE SPORT OF FLY-FISHING – Sheila & Bill Hassan

This indoor class will cover the basics of how to get started in fly-fishing. You will learn about the equipment, including rods, reels, lines, waders and other gear; learn the differences between fresh and saltwater fly-fishing; basic knot tying; fly selection; fishing conservation; as well as beginning fly-casting with an indoor practice rod. This is a fast paced class designed to get you ready for the spring fishing season. Instructor will provide all materials and handouts.

Burke-Memorial School, 16 Cassidy Lane, Medway
Wednesdays, 10/4

7:00-9:00 pm
Fee: \$39

LINE DANCING LESSONS – Paul Hughes

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! No need to have a partner! Please wear comfortable shoes with smooth soles. No sandals or flip flops.

Dover-Sherborn Middle School Gym,
155 Farm St., Dover
Monday, 10/16-11/20
7:30-8:30 pm

Ages: 18+
6 weeks
Fee: \$89

BALLROOM DANCING LESSONS – Paul Hughes

Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, and Salsa/Cha Cha. No partner required. Please wear comfortable shoes with smooth soles. Paul Hughes is a Line & Ballroom Dance Instructor and teaches group classes at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental, and social benefits of dancing.

Dover-Sherborn Middle School Gym,
155 Farm St., Dover
Monday, 10/16-11/20
8:30-9:30 pm

Ages: 18+
6 weeks
Fee: \$89

ACOUSTIC GUITAR LESSONS – Luigi Grasso

Have you ever wanted to learn to play the acoustic guitar? Did you know that many studies have shown that learning to play an instrument will stimulate your mind? This introductory, 4 session course will help you learn the guitar in a fun, easily understood manner, with solid results! Luigi Grasso is a professional guitarist/vocalist/instructor with many years of experience instructing students of all ages and skill levels; Berklee College of Music educated; he has a vast amount of musical experience in all styles of music. Together we will learn the first 3 strings of the guitar, 3 easy melodies along with chords, 3 songs from the beginning to end, basic chords, rhythms, strumming patterns and more. Together, we will play

songs and melodies we've learned on a weekly basis. Maximum: 6
Veterans Memorial Building, Room 18 **Adults**

Session 1

Wednesdays, 9/13- 10/4
7:30pm 9:00pm

4 weeks
Fee: \$175

Session 2

Wednesdays, 10/11-11/1
7:30pm 9:00pm

4 weeks
Fee: \$175

PILATES, STRENGTH & MOBILITY- Toni Manzon

This 60-minute class is based on traditional Pilates mat exercises and will include mobility, flexibility, balance and strength. This format is designed for beginners, intermediate or advanced fitness levels. Participants should wear comfortable clothing and bring a mat, hand towel and water. Maximum: 20

Veterans Memorial Building, Gym
Wednesday, 9/6-10/4
8:45-9:45 am

Ages: 18+
5 weeks
Fee: \$125

ADULT DANCE CARDIO - Exhale Dance

Adult Dance Cardio is a fun way to get your heart rate up and body moving! No dance experience required! This class uses fun, upbeat music and easy, repetitive choreography for a new way to shake up your exercise routine! Maximum: 15

Exhale Dance Studio, 18 Union Street Norfolk
Wednesdays, 9/13-10/25
7:15pm-8:15pm

Adult
7 weeks
Fee: \$80



LADIES LIGHT HIKING – Nanci Cahalane, Certified Personal Trainer/MIAA Coach

Add dimensions to your walking or jogging - do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be distributed).

First meeting location: F. Gilbert Hills State Forest, 45 Mill St, Foxborough, MA 02035.

Note: If conditions are icy "ice cleats" on shoes are strongly recommended (found at various retail locations). Note: canceled only for very inclement weather; make-ups after 2nd cancellation.

Meets at various locations

Session 1 **Adults**
6 weeks
Fee: \$25

Thursday, 9/7-10/12

9:45 am – 11:00 am

OR

Saturdays, 9/9-10/14 **6 weeks**

9:45am-11:00am **Fee: \$25**

SESSION 2

Thursday, 10/26-12/7 (No class on 11/23) **6 weeks**

9:45am-11:00am **Fee: \$25**

OR

Saturdays, 10/28-12/9 (No class 11/25) **6 weeks**

9:45am-11:00am **Fee: \$25**

ADULT AND TEEN INTRODUCTION TO NO GI JIU JITSU – Mohawk Martial Arts

For men, women and teens; Our 6 week course is designed to teach you the basics of self defense in a relaxed easy going environment.

Come learn one of the fastest growing sports in the country and see the benefits martial arts have off the mats as well as they do on them.

Mohawk Martial Arts, 27 Milliston Rd.

(inside the Encompass Fitness)

Tuesdays & Thursdays, 9/19-10/26 **Ages: 14+**
6 weeks

7:00-7:55 pm **Fee: \$125**

INTRO TO KUNG FU – Wu Xing Kung Fu

Learn the basic theory and applications of 5 Animal Hung Gar Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 Animal/5 Element kung fu from Southern China. We forge strength, humility and awareness while getting in shape and learning to master one's self. We work hard but have fun, with exciting and challenging drills designed to stretch our minds and build our bodies. We work martial theory, but also lots of application so that you can use what you have learned. Embrace the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon!

Wu Xing Kung Fu, 903 Main St.

Tuesdays, 7:00 pm-8:00 pm **Teens & Adults**
10/3-10/24

Wednesdays, 7:15 pm-8:15 pm **10/4-10/25**

Saturdays, 11:00am – 12:00 pm **10/7-10/28**

4 week sessions **Fee: \$125 per session**

INTRODUCTION TO TAI CHI – Joshua Grant

Tai Chi is meditation in motion. It is the practice of moving calmly with awareness and ease. Experience first hand the mind/body benefits of tai chi and qi gong training. Sessions will include rejuvenation qi gong (energy work) exercises and meditation, introductory Yang Style Tai Ji and fundamental drills. Instructor Joshua Grant is a 2X US National WuShu Tai Ji Gold Medalist and former member of the US National WuShu Team, US National Tai Ji Team and US Pan AM Wushu Team. Joshua has taught Tai Chi and WuShu for over 35 years and is the author of Tai Chi for Wimps.

Burke-Memorial School, 16 Cassidy Lane, Medway (Library)

Wednesdays, 9/27-11/15

6:00-6:45 pm

8 weeks

Fee: \$85

MILLIS EN PLEIN AIR – Tatiana Keating

Capture the essence of light, color, and movement while soaking up all the beauty and fresh air of local scenic landscapes. We will be painting 8" X 10" canvas board with acrylic paints on location. Relaxed instruction with a gentle emphasis each week. All materials provided. All skill levels welcome!

Various Locations (See below)

Ages: 14+

Friday, 9/22 "Impressionism" at Richardson's Pond **3 Sessions**

Friday, 9/29 "Tree Study" at Clyde Brown Field

Friday, 10/6 "Color Theory" Pleasant Meadows Park

3:30pm-5:30pm

Fee: \$40

NOT YOUR AVERAGE PAINT CLASS: Ocean Shore Painting w/ Sand Craft – Christine Sturniolo

Learn to paint a beautiful work of art using traditional paint brushes as well as an array of unusual paint tools such as paper, your fingers, craft sand, toothbrushes, sponges and more! Christine Sturniolo will guide you through all the steps you'll need in order to make your unique work of art. No experience needed. All materials included. Maximum: 20

Veterans Memorial Building, Room 104

Wednesday, 11/1

Ages: 16+

6:30pm-9:30pm

Fee: \$40



ADULT PROGRAMS

PHOTOGRAPHY ESSENTIALS –

Kurt Baker Photography

Do you want to capture special moments in your family's lives? Are you interested in creating your own artwork? If you have a camera and are struggling with getting consistent images or you're just looking to level up your image quality and composition, this is the class for you! Don't let that camera collect dust! Come learn how to frame your subject, nail the exposure, and capture the feeling behind a scene. Over the course of 90 minutes we'll cover camera settings, lighting basics, and compositional rules to take your photos from snapshots to works of art! As part of the class, we'll spend time photographing our surroundings and I'll give you live feedback on your images. Your instructor, Kurt Banker, is the owner of Kurt Banker Photography in Millis and works with local families and couples to make lasting memories and document important times in their lives.

Veterans Memorial Building, Room 18

Adults

Thursday, 9/21 OR

Thursday, 10/19 OR

Thursday, 11/30 OR

Thursday, 12/21 OR

6:00 PM – 7:30 PM

1 session

Fee: \$60/session

MAKERS CLUB - MOM ART NIGHT –

Autumn Richard

Join us for an evening of crafting and creating for moms! Grab a group of your girlfriends and get out for the night! We will be creating serving trays for the house! We will be using wood to create a serving tray tailored to your liking. You will use different materials to make the perfect addition to your home.

Niagara Coffee Haus, 8 Exchange St., Millis

Adults

Thursday, 11/2

7:00-9:00 pm

Fee: \$65

LADIES NIGHT OUT – Hand & Body - Ann Fisher

Join Molly's Apothecary this fall for our popular Ladies Night Out that focuses on products for the hands and body! We will be making soaps, a lovely hand lotion, an aromatherapy bath soak and a delicious body scrub. Take home a lovely goody bag of customized products. This class is fun in groups, so bring a friend!

Molly's Apothecary, 163 Main St., Suite 5, Medway Mills

Thursday, 10/19

6:30-8:30 pm

Fee: \$55

LADIES NIGHT OUT – Face & Body - Ann Fisher

Our face and body need soothing and smoothing help during the cooler months. We will make a lovely hand & body lotion, a face mask & facial cream, and a delicious body scrub, all from the highest quality organic and natural ingredients. This class is fun in groups, so bring a friend!

Molly's Apothecary, 163 Main St., Suite 5, Medway Mills

Thursday, 11/9

6:30-8:30 pm

Fee: \$60

LADIES NIGHT OUT – Holiday Ann Fisher

Join Molly's Apothecary this holiday season for a fun-filled evening creating holiday-themed bath and body products. We will be making several melt and pour soap making projects, lotion, a new twist on our famous sugar scrub and more! You will leave with lovely gifts for yourself or a friend.

Molly's Apothecary, 163 Main St., Suite 5, Medway Mills

Wednesday, 11/29

6:30-8:30 pm

Fee: \$60



GAGABALL & DODGEBALL – F.A.S.T Athletics

Gagaball is a fast paced sport can be played in an octagonal pit, outside on a field or even in the school's gym! F.A.S.T. plays Gaga with their gatorskin dodgeballs to ensure all the players are safe. This game will focus on dodging, running, jumping and avoiding the dodgeballs that the players are hitting with their hands aiming below their opponents knees!

Dodgeball players will be divided into even teams the day of the event and once the teams are established, we will create a round robin style tournament and will crown one team as tournament champions. Each player will be participating for the duration of the tournament in consolation games as well! The tournament will be using gatorskin dodgeballs and safety guidelines will be understood before we begin! A Millis Recreation employee will meet students at Clyde Brown and walk them to the Memorial Gym. Please pack a nut-free lunch. (Minimum 10/ Maximum 30)

Veterans Memorial Gym, 900 Main Street

Grades 1-5

Wednesday, 12/6

11:30am-3:00pm

Fee: \$65

CHESS WIZARDS – Chess Wizards

Chess Wizards has been teaching the game of chess since 2002. Join us this winter for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Included are fun team chess games (like Corner Chess), recess time, snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

Veterans Memorial Building, Room 130

Ages: 6-12

1/2/24-1/5/24

4 days

9:00 am-12:00 pm

Fee: \$200

9:00 am-3:00 pm

Fee: \$300

DECEMBER VACATION GYMNASTICS PROGRAM –

Shen's Gymnastics Academy

Join us at Shen's Gymnastics for our December Vacation Camp! The children will enjoy the experience of gymnastics and get plenty of physical exercise. No gymnastics experience necessary! Join us for fun-filled days of gymnastics activities including trampoline, zip-line, tumbling into our giant foam pit, obstacle courses, jumping and sliding in our bouncy house, recreational games, arts & crafts, and of course, instructor-led gymnastics. Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp environment. Children must be potty trained to attend.

Shen's Gymnastics Academy, 16 Everett St., Holliston **Ages: 3.5-12**

Vacation Week; Tuesday, 12/26 - Friday, 12/30

4 days

Half Day; 9:00 am-12:00 pm

Fee: \$220

Full Day; 9:00 am-3:00 pm

Fee: \$325

CEMETERY STROLL – Steve Main

Come visit Prospect Hill Cemetery to learn about some of the Town's history through the past. This program will display some of the local influences that helped form Millis that are buried here in this cemetery. Registration is required.

Prospect Hill Cemetery, Millis

All ages

Saturday, 10/14 (rain date 10/15)

12:00 pm

Fee: \$10 or \$5/seniors

HALLOWEEN PARTY & TOUCH A TRUCK

Bring your family and join us at the Town Hall parking lot to get up close to a variety of trucks! Halloween Party with a variety of games and crafts in the Town Hall Gym. Residents are encouraged to dress in costume. Back by popular demand – THE PUMPKIN DROP!!!

Saturday, 10/28

1:00-3:00 pm

Please bring an unopened bag of candy as "admission."



A DAY IN NEW YORK CITY

Join us for a memorable day in New York City! There are so many countless exciting and entertaining places to visit that it is impossible to see everything in one day –but let us help you get started! Late Fall is an amazing time to visit the Big Apple.

Visit www.nycgo.com or www.nycinsiderguide.com to help plan your day.

The luxury coach bus departs from the Medway Middle School parking lot, 45 Holliston Street, at 6:30am. The bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick's Cathedral, Rockefeller Center, plus much more –a map of the area is provided. For planning purposes, please note that the bus arrives in the city at approximately 10:30am and departs promptly at 6:00pm. Please note the bus driver's gratuity is included in the fee.

DEPARTS: 6:30 am from Medway Middle School, 45 Holliston St., Medway

Returns: 10:30pm approximate to Medway Middle School

Saturday, 11/11

Fee: \$105



MILLIS RECREATION

**DIRECTOR,
KRIS FOGARTY
KFOGARTY@MILLISMA.GOV**

**TEEN PROGRAM COORDINATOR
ERIN LEBLANC
ELEBLANC@MILLISMA.GOV**

REGISTER: [MILLISRECREATION.ACTIVITYREG.COM](https://millisrecreation.activityreg.com)